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it's good food

-keep it safe



Know the Good Guys From the Bad Guys . . .



CHARLIE —

“Hi! I’m Charlie, one of the good bacteria. I’m in the food you eat, the air you breathe, the water you drink.”



SAL —

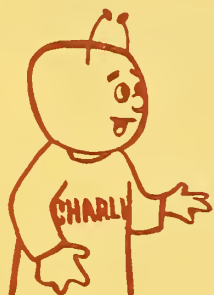
“And I’m Salmonella, one of the bad bacteria. Just call me Sal. I’m found in raw meat, fish, poultry, and eggs, and I’m carried by dirty hands. I can make people sick.”



STAPH —

“Don’t forget me. I’m Staphylococcus, another of the bad bacteria. My nickname’s Staph. I come from sneezes, coughs, and careless hands and I form a toxin in hams, custard-filled foods, cream pies, unrefrigerated cooked meat, and dairy products. Cooking kills me, but not my toxin!”

prevent food-borne illness



*“Be smart. Keep good food safe to eat.
Make sure you follow these tips:”*

- ***Don't let groceries sit in a warm car while you do other errands.*** This allows bacteria to grow. Get your food home where you can put it in the refrigerator or freezer promptly.
- ***Keep hot foods HOT (above 140° F) and cold foods COLD (below 40° F) to keep bacteria like “SAL” and “STAPH” from growing.***
- ***Don't let cooked food stand at room temperature for more than 2 or 3 hours.*** (And that includes *preparation, storage, and serving* time.) Food may not be safe to eat if held longer than this at temperatures where bacteria grow rapidly.
- ***Hands should always be clean when you handle any food.*** But after you handle raw meat, fish, poultry, or eggs, wash your hands with soap and hot water before working with other foods. This prevents spreading bacteria.

- *Never place other foods on a surface where you have had raw meat or poultry until you have thoroughly cleaned it.* Scrub the surface—as well as dishes, knives and other utensils you've used—with soap and hot water. This keeps harmful bacteria from spreading to cooked foods and salads.
- *Remove stubborn bacteria from cutting boards by scrubbing with soap and hot water, rinsing thoroughly, and then applying chlorine bleach as directed on the label.*
- *Refrigerate cream, custard and meringue pies, and other foods with custard fillings. It is dangerous to let foods of this kind stand at room temperature.* Quickly refrigerate them. Low temperatures keep “Staph” bacteria from growing and forming toxins that can make you sick.
- *Cook turkey completely, to an internal temperature of 185° F. Never partially cook it and finish cooking later.* Bacteria can survive in partially-cooked poultry. Also, “Staph” bacteria may produce toxins which are not destroyed by cooking.

- *Cook stuffing thoroughly.* If poultry is stuffed, cook until thermometer inserted into stuffing reaches at least 165° F. Better than that, cook stuffing separately. Bacteria grow rapidly in lukewarm stuffing. Do not thaw commercially frozen *stuffed* poultry before baking. Put it right into the oven.

- *Thaw poultry in the refrigerator.*

If you must thaw it more quickly, put it in a waterproof plastic bag, seal tightly, and defrost in cold water. Thawing frozen poultry at room temperature gives bacteria a chance to grow. This is especially true with large frozen turkeys because of the time it takes them to completely thaw.



Take your cue from Charlie, Sal, and Staph—keep food safe to eat.

By Dr. Evelyn Spindler, Nutritionist